Name/Title: Frisbee Keep-Away

Purpose of Event: This activity is a small group game designed to facilitate offensive movement and the idea of making short, quick passes and using pivots and fakes in a lead-up activity to ultimate frisbee.

Activity cues: Cues: stand sideways, and step, snap (wrist) and release.

Prerequisites: Students should already have learned the frisbee backhand throw and sandwich catch in stationary and dynamic situations.

Suggested Grade Level: 6-8

Materials Needed: Cones to divide playing area into squares, two pinnies for each group on defense, frisbees.

Description of Idea

Before starting, demonstrate the concept of moving to open space, short quick passes, and fakes and pivots.

Section off your gym or field into squares, allowing ample space for 5 students to move around freely. Divide students into groups of 5. Each group gets 2 pinnies (to be worn by defense) and 1 frisbee.

The object of the game for the offense is to make 5 catches before the defense makes 3 interceptions. Anytime the frisbee is not caught, or goes out of bounds, the frisbee goes back to the offense, at that spot. The frisbee has to be caught to count as a catch for offense or an interception for defense. The catches or interceptions do not have to be consecutive, so you do not start counting to 5 or 3 over again after a dropped frisbee. After an interception by the defense, they give the frisbee to the nearest offensive player, and play resumes. Once the offense makes 5 catches or the defense makes 3 interceptions, the defense gives their pinnies to someone on offense. This leaves 1 offensive player staying on offense maintaining the 3 offensive players versus 2 defensive players situation. Players should rotate so they play both offense and defense during the game.

Variations:

After a set amount of time, ask whoever is on defense at the moment to rotate clockwise to the next square, so students get to play against many different groups.

The number of students in each group can be changed to accommodate class size. 2 on 2 or 3 on 3 also work well if the class cannot be evenly divided into groups of 5.

Focus on offensive movement, short quick passes, fakes, pivoting, leading with the throw

Other variations could include using a ball instead of a frisbee, making the playing area smaller, or having a different number of students per group.

Assessment Ideas:

Assess student's knowledge of offensive principles by using an exit slip as they leave class.

Ask students to write down 3 ways to get open on offense.

Use a checklist during class to check off demonstration of the offensive principles that were discussed.

Teaching Suggestions:

While the games are going on, remind students on offense to move to open spaces, make short quick passes, and use pivots and fakes. Remind students on defense to stay in between the frisbee and an offensive player at all times. Students should make sure that everyone on their team is included.

Submitted by **Amy Mickel** who teaches at Troy Howard Middle School in Belfast, ME. Thanks for contributing to PE Central! **Posted on PEC: 11/15/2004**.

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